



Youth Wilderness Program Recommended Gear List

***Items in bold can be borrowed from SBFC free of charge.**

Required Personal Gear & Clothes

- **Backpack** (60 L minimum; 75+ recommended)
- **Tent** (lightweight backpacking tent; 1-2 person)
- **Sleeping bag** (lightweight and compressible; 20°F or warmer recommended)
- **Sleeping pad**
- **Bear vault** or Ursack™ (or a waterproof bag with 50' rope and a carabiner for a bear hang)
- Water bottle and/or bladder (4-6 L capacity combined)
- Tupperware
- Eating utensil
- Medications that you need to take
- Hiking boots with ankle support (break them in before the expedition to prevent blisters!)
 - If you need assistance purchasing boots, let us know. We may be able to help.
- Work shirts (1-2; SBFC will provide 1)
- Work pants (long pants; jeans or Carharts are fine; 1 pair)
- Rain jacket
- Rain pants
- Warm layer (down or wool is recommended; avoid cotton)
- Wool socks (3-5 pairs recommended)
- Underwear (3-5 pairs recommended)
- Camp shirt
- Camp pants or shorts
- Camp shoes
- Creek crossing shoes (can be the same as camp shoes, i.e. Crocs)
- A watch with an alarm or a portable alarm clock

Recommended Items

- Headlamp, flashlight, and/or lantern (w/ fresh batteries)
- Personal toiletries (only the essentials)
- 1 roll toilet paper (we provide, but it can be nice to have extra for peace of mind)
- Sun block
- Bug spray
- Hand sanitizer (we provide, but it's always a good idea to have a personal supply)
- Dry bag (or trash bags to keep things dry)
- Camp pillow (small compressible pillow is best)
- Sleeping bag liner
- Knife (blade must be 3" or less)
- Camp mug



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- Bandana
- Extra batteries
- Wet wipes
- Solar charger
- Extra 1 gal ziplock bags
- Backpack rain cover
- Warm hat (beanie)
- Sun hat
- Sun glasses
- Bathing suit
- Notebook and pen
- Book and/or cards for recreation
- Cell phone or digital camera
- Personal favorite snacks (consider sharing!)

Group Gear That SBFC Will Provide for the Crew

- Stoves
- Pots/pans
- Fuel
- Lighters
- Water filters
- Bear spray
- Dish/hand soap
- Sponge
- Trash bags
- Trowel
- Maps
- Toilet paper
- Paper towels
- Hardhats
- Eye protection
- Work gloves
- First aid kits
- USFS radio and Garmin inReach

Items Not Allowed

- Knives with a blade longer than 3 inches
- Firearms
- Tobacco products
- Drugs, including alcohol and marijuana
- Music or video players other than a cell phone
- Portable speakers
- Game consoles



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Packing Tips

- Packs get very heavy, very fast. If possible, choose lightweight items.
- Bring only what you need.
- Try packing everything before you go. Everything needs to fit inside your bag with a little room left over - you will need space for some group gear!
- You don't have to pack everything perfectly. We will all unpack and repack our bags together at the trailhead to make sure nothing is forgotten and to distribute group gear.